



# Volleyball Athlete Single Day Report

Date: Wednesday

PCF Ratio



Protein (20%) Carbs (60%) Fat (20%)

Breakfast	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Sodium (mg)
Apple-Cinnamon Breakfast Shake	1 serving	380	249	11	38	3	5	1	191
RYE BREAD, TOASTED	1 regular-slice	24	68	2	13	2	1	0	174
PEANUT BUTTER, NATURAL	2 tbsp	32	210	8	6	2	16	3	120
BANANA, RAW	1 medium	118	105	1	27	3	0	0	1
<b>Meal Total:</b>		554	633	23	83	10	22	3	486

## Lunch

Barbecue Chicken Sandwich	1 serving	198	279	31	26	3	5	1	585
BAKED BEAN, BOLD & SPICY	1/2 cup	130	110	6	24	5	1	0	560
TORTILLA CHIPS, BAKED, YELLOW CORN	1 oz	28	110	3	22	2	2	0	160
CARROT, RAW	12 strips	48	20	0	5	1	0	0	33
<b>Meal Total:</b>		404	519	40	77	12	8	1	1,338

## Afternoon Snack

GRANOLA BAR, FLAX PLUS	1 bar	40	150	3	27	2	4	1	90
<b>Meal Total:</b>		40	150	3	27	2	4	1	90

## Dinner

Sweet N' Sour Orange-Pineapple Beef	1 serving	416	464	33	64	4	8	2	139
Pear-Nut Pudding	1 serving	186	192	3	37	6	5	0	2
<b>Meal Total:</b>		601	655	35	101	10	13	2	142

## Evening Snack

POPCORN, KETTLE	4 cups	32	80	2	16	2	0	0	100
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## Volleyball Athlete Single Day Report (continued)

Evening Snack	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Sodium (mg)
KORN, SMART POP, POPPED									
<b>Meal Total:</b>		32	80	2	16	2	0	0	100
<b>Daily Total:</b>		1,632	2,037	103	304	36	46	7	2,155